NORTH YORK
TORONTO
HEALTH PARTNERS
COMPASSIONATE NORTH YORK

About Primary Care

What is primary care?

- Primary care is your first stop for healthcare, no matter your age or stage of life. It includes checkups, treatment when you're sick, and advice to help keep you healthy. Primary care providers can help with a wide range of health care issues, connect you to specialists and diagnostic tests, and can help prevent, identify and treat illness.

Who provides primary care?

Primary care providers focus on your overall health and connect you to other healthcare services when needed.

- Family doctors (or general practitioners): They diagnose and treat most health issues. If you need a specialist (like a heart doctor or skin doctor), your family doctor will refer you. They also order diagnostic tests, like blood tests or X-rays.
- Nurse Practitioners: These are nurses with advanced training who can do many of the same things as doctors, like diagnosing and treating illnesses or prescribing medicine.

Why is it important to have a family doctor or nurse practitioner?

- People who are connected to a family doctor or nurse practitioner are more likely to have better health outcomes. Primary care providers can help with earlier and faster diagnosis and treatment of health conditions.
- There is also more consistent care and support for managing you and your family's health that can be personalized for all members of your family, from babies to seniors.

How to find a primary care provider (family doctor/nurse practitioner)

! Health Care Connect refers you to a local doctor or nurse practitioner who is accepting new patients. Access this resource by calling 1-800-445-1822.

- Ask a friend or family member to see if they know of a family doctor or nurse practitioner who is accepting patients.
- Community Health Centers (CHCs) have doctors and nurse practitioners that you can be connected to. You do not need Ontario Health Insurance (OHIP) to access most services at CHCs.
- If you **DO** have OHIP but are not connected to a primary care provider, you can receive care through a walk-in clinic.
  - A walk-in clinic is a medical practice that provides non-urgent care to patients without an appointment. Walk-in clinics are a good option for people who don't have a family doctor, or who have a family doctor but can't reach them.
- Doctors and nurse practitioners at walk-in medical clinics can assess and treat minor illnesses and injuries and they can refer you to specialists. Access a full list of walk-in medical clinics for North York residents by scanning the QR code at the top of the page.